

THE WASHINGTON MASSAGE NEWS

JULY ISSUE, 1959

I regret the lateness of this issue of the Washington Message News. I have been busy getting caught up with my work, from taking so much time off for the State convention at Moses Lake. I hope to do better in the future, when I will have a little print shop set up at my office here in Port Townsend. I am appealing to Mrs. Lois Carter and Art Dunbar to help me out on this issue.

Your future editor.

John A. Murray

Dear fellow members:

Your present editor is retiring. This will be my last issue of this little paper. I do hope that it has met with your approval and that we have kept you informed of the doings in our profession. It has been a pleasure to be of some service to our organization. I have felt that it is up to each one of us to contribute something of service to the organization that represents our field of endeavor. The feeling of being associated in work of good people and meeting and exchanging ideas and experiences with them is an inspiration to me. I have pledged my support to Mr. Pete Fifeim, our good president, for the following year of his service. I feel he is doing a good piece of work for our profession and deserves our whole hearted support.

The new editor is our good old friend John "Inkslinger" Murray of Port Townsend. There will be some interesting material appearing in the next issues and I hope you will enjoy them and will aid John by sending him any information you have that might be of interest to the rest of the membership.

John has been a good, helpful, and reliable member, and in turning over the duties of putting out this bulletin my best wishes goes with it for a world of success and pleasure.

Too, I wish to publicly and personally thank my wife, Mrs. Berta Dunbar, for putting out the first two issues; and Mrs. Lois Carter for the gracious and wonderful help she has given me in the past year in getting the job done putting out the remaining issues. Also a word of thanks to Don Carter, her husband, for some aid he very kindly gave us which helped materially in getting us off to a good start.

Our profound thanks also goes to Mrs. Regina Williams for the use of her Better Health Salon as headquarters and mailing address. She was a most gracious hostess and ever kind and helpful.

My special thanks to those of you who gave us material and write-ups, for that is the stuff of which bulletins are made.

Gratefully,

Art Dunbar

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STATE MEETING, JUNE 13 & 14, 1959.
Elmer's Cafe, Moses Lake, Washington.

SATURDAY MORNING

The meeting was called to order at 11:30 A. M. by president Pete F. Fitreim. John A. Murray offered a prayer after which all registration fees were collected by Leston Short for the ten voting members present.

The minutes of the last meeting were read and approved with the exception of the present meeting being called a meeting instead of a convention. The Sec'y-Treas. stood corrected.

The Sec'y-Treas. report and the legal aid fund report were given and a motion made by Arthur Mann and seconded by Russell Soper to approve the reports as read. Motion carried.

President Fitreim appointed the auditing committee to consist of Arthur Mann, Leston Short, and John Murray.

Due to the small attendance, the national ruling concerning the nominating committee was set aside and the president was instructed to appoint the nominating committee. He appointed Blossom Guntly, Russell Soper and Arthur Dunbar.

The meeting adjourned for lunch at 12 noon, with the committees instructed to have their meeting before the afternoon session.

SATURDAY AFTERNOON

The meeting was again called to order at 1:30 after a delicious lunch was served to us by the capable staff at Elmer's Cafe.

A letter from Samuel Dahlgren was read concerning the name change of our association. After reading a proposed resolution a discussion was followed by a motion to adopt the resolution, made by Arthur Mann, seconded by Arthur Dunbar to be sent to the National convention with Washington's recommendation for adoption.

The Sec'y-Treas. was instructed to write to national Sec'y-Treas. to ask for more pamphlets "What the A.A.M.M. Means to you", and if there are no more on hand, to ask that more be printed.

Committee Chairman Arthur Mann asked Jess Williams and Pete Fitreim to serve on the membership committee with him.

The committees on membership and Legislation gave their reports and Arthur Dunbar has come up with some good ideas for a membership drive. He was given full authority to work out the details with some students of University of Washington. All members present thought it was worth giving a try out. Arthur Mann made a motion to give Arthur Dunbar authority to spend such funds as he deemed necessary on the project. Murray seconded it and the motion carried.

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Arthur Mann suggested that it would be good for massage to join service clubs to promote good relations with the public.

A bill of \$6.50 for a gift for Mrs. Lois Carter (the typist who has been so kind to help Arthur Dunbar to put out the A.A.M.M. news) was approved to be paid and a check was given to Dorothy Mann.

The auditing committee reported that they found all of the books in order.

A motion was made by Arthur Dunbar and seconded by Arthur Mann that the Sec'y-Treas. be instructed to write to Milton Niedfelt and inform him that the two-year restricted activity period which was placed upon him has now passed and that he now has full membership privileges. Also that all of his friends will be glad to see him at the meetings again. Also that Ruth Williams is to be reasonable.

A report was made by Dorothy Mann on travel expenses to national convention. It will cost \$108.00 round trip by Western Air Lines, from Seattle to Long Beach, Calif.

The new Editorship was discussed and after much arm twisting, John Murray agreed to take it for the coming year. The following people were appointed to write articles for the A.A.M.M. News and also the month in which their article is to appear.

JULY	= RUTH WILLIAMS	AUGUST	= ARTHUR MANN
SEPTEMBER	= RUSSELL SOOPER	OCTOBER	= ARTHUR DUNBAR
NOVEMBER	= LESTON SHORT	DECEMBER	= JESSIE WILLIAMS
JANUARY	= BLOSSOM GUNTLY	FEBRUARY	= JESSIE SMITH
MARCH	= ARTHUR DUNBAR	MARCH	= DOROTHY MANN
MAY	= JOHN MURRAY	JUNE	= MILTON NIEDFELT

These people are to write on any subject that they think will be of interest and benefit to the members of our association. They are to have their articles in the hands of the editor on or before the 10th of the month preceding the month in which their article is to appear.

The nominating committee report was:

President - Pete T. Vitreim

Vice President - Blossom Guntly

Sec'y-Treas. - Ruth Williams

Nominated from the floor was Russell Sooper for Vice President. Blossom was elected. Arthur Mann moved that the President and Sec'y-Treas. be elected by unanimous ballot. Motion carried. John Murray, Jessie Williams, Russell Sooper, Arthur Dunbar and Arthur Mann were elected to the board of directors.

A standing vote of thanks was given to the Williams' for arranging meeting place at Elmers Cafe.

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A vote of thanks was given to Elmer's Cafe for their kind hospitality.

It was decided that since everyone enjoyed the meeting place so much that we would return to Moose Lake and Elmer's Cafe again in 1960 for the next state meeting to be held the first week end in June.

The meeting was adjourned at 4 P. M. with everyone instructed to meet for breakfast at 8 A. M. and at 6 P. M. for the banquet.

SUNDAY MORNING

After an enjoyable breakfast the officers were installed and new committees appointed. The meeting broke up about 10:00 A. M. and all went on their way homeward.

Signed

Ruth Williams
Sec'y-Treasurer

THANK YOU

On the evening of June 11th, Mr. Art Hann dropped by my home and presented me with a lovely "Thank You" card, and a beautiful milk-glass dish. I was completely surprised and over-whelmed by the generosity of the members of the A. A. M. M., and would like to express my thanks to each and everyone of you. I must compliment Mrs. Hann on her selection. Secretly I have been admiring that very dish in our nearby maple shop, so nothing could have pleased me more. Thank you so very much.

Lois Carter

HOW WELL DO YOU KNOW YOUR OWN BODY?

by Ruth Williams

There are so many articles written today concerning food supplements and as many varied kinds of supplements that it seems a bit foolish to attempt to write another one, but that is exactly what I propose to try.

I am not going to offer you any particular brand of food supplement, but rather a little bit of advice on how to take them. We all know that to get the proper nutrition from our food or vitamins, it must be absorbed into the blood stream. No matter how much attention you pay to your diet, no matter how much trouble you take to eat exactly what is best for you, unless it is absorbed properly, most

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of its nutritional value will be wasted.

There are many aspects of absorption of food elements such as anatomical, physical, and chemical. I believe the best way to give you this information is to tell you the facts in relation to absorption of different vitamins and minerals.

It takes vitamin A, which is found in fish liver oils and other animal products, from three to five hours to absorb. The vitamin A which is found in fruits and vegetables takes six to seven hours to absorb because it is bound up in many starchy cells which is very difficult for the body to break down. Liquefying or juicing of vegetables will result in a higher percentage of the Vitamin A being absorbed.

Vitamin C supplements, from any source, is much easier absorbed if they are taken at meal time to allow them to mix with other foods.

The B-Complex vitamins are very important to digestion and to absorption. Without a goodly supply of the B-Complex vitamins, sugars and starches will not digest or absorb. Some evidence has been proven that vitamin A will not properly absorb with a shortage of B-Complex. A vitamin B shortage will also cause you to lack enough hydrochloric acid in your stomach, without which the protein and minerals will not be absorbed. This does not mean that all protein and iron and calcium will pass through unabsorbed, but it does mean that no doubt your body will show the bad results from the shortage of protein and minerals and in many cases will have very serious consequences. To avoid this you must always have plenty of vitamin B in your diet.

Vitamin K, vitally important for proper blood coagulation, is destroyed by mineral oil. In fact all the fat-soluble vitamins such as A, D, E, and K is hindered by mineral oil. It is dangerous for a patient who anticipates surgery to be taking mineral oil.

Bile salts which are produced by the liver is necessary to proper absorption of A, D, E, and K vitamins. Thus, a sluggish liver will often result in considerable trouble in absorbing these vitamins.

Many times anemic patients cannot absorb vitamin B12 because the proper amount of digestive juice is missing and must be supplied from a preparation which is made from the lining of an animal stomach.

Calcium and phosphorus must be accompanied by vitamins D which comes from the sunshine and fish liver oils. On the other hand, vitamin D does not do much good without calcium and phosphorus.

Calcium and phosphorus which comes from proteins are more easily absorbed than that which comes from plant material. There must be plenty of hydrochloric acid in the stomach in order to be wholly absorbed.

Since protein digests slowly, and carbohydrates quickly, a diet

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high in protein will keep the food in the stomach long enough to allow proper absorption of the precious vitamins and minerals. Any disorder which hurries the food through the intestines results in little food absorption.

Does knowing your body sound like a hopeless study? Well, it needn't be. The only important rule to remember is that "Shotgun Therapy" does not work. Do not take one vitamin or mineral and ignore the others. They function so closely together that you cannot be healthy unless you have an abundant supply of them all.